WHAT IS CLAIMED IS:

1. A spinal implant, comprising:

a top, wherein at least a portion of the top is configured to contact a first vertebra;

a bottom, wherein at least a portion of the bottom is configured to contact a second vertebra;

a curved anterior side;

a curved posterior side; and

an opening extending through the spinal implant from the top to the bottom.

2. The spinal implant of claim 1, further comprising a proximal end, wherein the proximal end is substantially flat.

3. The spinal implant of claim 1, further comprising a proximal end, wherein the proximal end is substantially rounded.

4. The spinal implant of claim 1, further comprising a distal end, wherein the distal end is tapered.

5. The spinal implant of claim 1, further comprising a distal end, wherein the distal end is curved.

6. The spinal implant of claim 1, wherein the top comprises one or more protrusions configured to contact the first vertebra.

7. The spinal implant of claim 1, wherein the top comprises protrusions configured to contact the first vertebra, and wherein at least two of the protrusions differ in height.

8. The spinal implant of claim 1, wherein the top comprises protrusions configured to contact the first vertebra, and wherein the protrusions are in a radial pattern.

9. The spinal implant of claim 1, wherein the top comprises protrusions configured to contact the first vertebra, and wherein at least two of the protrusions differ in shape.

10. The spinal implant of claim 1, wherein the top comprises protrusions configured to contact the first vertebra, and wherein a first spacing between a first pair of adjacent protrusions differs from a second spacing between a second pair of adjacent protrusions.

11. The spinal implant of claim 1, wherein the bottom comprises one or more protrusions configured to contact the second vertebra.

12. The spinal implant of claim 1, wherein the bottom comprises protrusions configured to contact the second vertebra, and wherein at least two of the protrusions differ in height.

13. The spinal implant of claim 1, wherein the bottom comprises protrusions configured to contact the second vertebra, and wherein the protrusions are in a radial pattern.

14. The spinal implant of claim 1, wherein the bottom comprises protrusions configured to contact the second vertebra, and wherein at least two of the protrusions differ in shape.

15. The spinal implant of claim 1, wherein the bottom comprises protrusions configured to contact the second vertebra, and wherein a first spacing between a first pair of adjacent protrusions differs from a second spacing between a second pair of adjacent protrusions.

16. The spinal implant of claim 1, wherein an inner surface of the anterior side comprises one or more projections extending into the opening, and wherein the one or more projections are configured to strengthen the implant.

17. The spinal implant of claim 1, wherein an inner surface of the posterior side comprises one or more projections extending into the opening, and wherein the one or more projections are configured to strengthen the implant.

18. The spinal implant of claim 1, wherein at least one of the sides comprises a recess configured to engage an insertion instrument.

19. The spinal implant of claim 1, wherein at least one of the sides comprises a groove configured to engage an insertion instrument.

20. The spinal implant of claim 1, wherein the anterior side comprises a first groove, wherein the posterior side comprises a second groove, and wherein the grooves are configured to engage an insertion instrument.

21. The spinal implant of claim 1, further comprising a proximal end, and wherein the proximal end comprises one or more grooves configured to engage an insertion instrument.

22. The spinal implant of claim 1, further comprising a distal end, and wherein the distal end comprises one or more grooves configured to engage an insertion instrument.

23. The spinal implant of claim 1, further comprising one or more openings extending through the anterior side.

24. The spinal implant of claim 1, further comprising one or more openings extending through the posterior side.

25. The spinal implant of claim 1, further comprising one or more openings extending through the anterior side and one or more openings extending through the posterior side, and wherein at least one of the anterior side openings aligns with at least one of the posterior side openings to allow for monitoring of bone growth through the implant.

26. The spinal implant of claim 1, wherein the spinal implant comprises bone.

27. The spinal implant of claim 1, wherein the spinal implant comprises polyether ether ketone.

28. The spinal implant of claim 1, wherein the spinal implant comprises one or more openings for X-ray sensitive material.

29. The spinal implant of claim 1, wherein the spinal implant comprises metal.

30. The spinal implant of claim 1, wherein the spinal implant comprises titanium.

31. The spinal implant of claim 1, wherein the top is treated to promote osseointegration of the implant with bone.

32. The spinal implant of claim 1, wherein the top is roughened to promote fusion of the spinal implant with bone.

33. The spinal implant of claim 1, wherein the opening is configured to receive packing material.

34. The spinal implant of claim 1, further comprising packing material placed in the opening, and wherein the packing material comprises bone.

35. The spinal implant of claim 1, further comprising packing material placed in the opening, wherein the packing material comprises synthetic bone material.

36. A spinal implant, comprising:

a body, wherein the body comprises:

a top comprising radially positioned protrusions, wherein the top protrusions are configured to contact a first vertebra;

a bottom comprising radially positioned protrusions, wherein the bottom protrusions are configured to contact a second vertebra;

a curved anterior side;

a curved posterior side; and

an opening extending through the body from the top to the bottom.

37. The spinal implant of claim 36, wherein the top protrusions near the anterior side are coarser than the top protrusions near the posterior side.

38. The spinal implant of claim 36, wherein the bottom protrusions near the anterior side are coarser than the bottom protrusions near the posterior side.

39. The spinal implant of claim 36, wherein at least two of the top protrusions differ in height.

40. The spinal implant of claim 36, wherein at least two of the top protrusions differ in shape.

41. The spinal implant of claim 36, wherein a first spacing between a first pair of adjacent top protrusions differs from a second spacing between a second pair of adjacent top protrusions.

42. The spinal implant of claim 36, wherein at least two of the bottom protrusions differ in height.

43. The spinal implant of claim 36, wherein at least two of the bottom protrusions differ in shape.

44. The spinal implant of claim 36, wherein a first spacing between a first pair of adjacent bottom protrusions differs from a second spacing between a second pair of adjacent bottom protrusions.

45. The spinal implant of claim 36, wherein the top protrusions near the posterior side of the body are larger than the top protrusions near the anterior side of the body.

46. The spinal implant of claim 36, wherein the top protrusions near the posterior side of the body are higher than the top protrusions near the anterior side of the body.

47. The spinal implant of claim 36, wherein the bottom protrusions near the posterior side of the body are larger than the bottom protrusions near the anterior side of the body.

48. The spinal implant of claim 36, wherein the bottom protrusions near the posterior side of the body are higher than the bottom protrusions near the anterior side of the body.

49. A spinal implant, comprising:

a body, wherein the body comprises:

a curved anterior side;

a curved posterior side;

a top comprising protrusions, wherein the top protrusions near the anterior side are finer than the top protrusions near the posterior side;

a bottom; and

an opening extending through the body from the top to the bottom.

50. The spinal implant of claim 49, wherein the bottom further comprises protrusions, and wherein the bottom protrusions near the anterior side are finer than the bottom protrusions near the posterior side.

51. The spinal implant of claim 49, wherein the bottom further comprises protrusions, and wherein the bottom protrusions near the anterior side are coarser than the bottom protrusions near the posterior side.

52. The spinal implant of claim 49, wherein the bottom further comprises protrusions, wherein the bottom protrusions near the anterior side comprise a first radial pattern, and wherein the bottom protrusions near the posterior side comprise a second radial pattern.

53. The spinal implant of claim 49, wherein the top protrusions near the anterior side comprise a radial pattern.

54. The spinal implant of claim 49, wherein the top protrusions near the posterior side comprise a radial pattern.

55. The spinal implant of claim 49, wherein the bottom further comprises protrusions, wherein the bottom protrusions near the anterior side are coarser than the bottom protrusions near the posterior side.

56. The spinal implant of claim 49, further comprising one or more openings extending through the anterior side.

57. The spinal implant of claim 49, further comprising one or more openings extending through the posterior side.

58. The spinal implant of claim 49, further comprising one or more openings extending through the anterior side and one or more openings extending through the posterior side, and wherein at least one of the anterior side openings aligns with at least one of the posterior side openings to allow monitoring of bone growth through the body.

59. A rasp, comprising:

an outer shaft;

an inner shaft extending through the outer shaft;

an end member pivotably coupled to the distal end of the inner shaft; and

wherein a distal end of the outer shaft is configured to engage a proximal end of the end member.

60. The rasp of claim 59, wherein the outer shaft is translatable relative to the inner shaft.

61. The rasp of claim 59, wherein an angle of the end member relative to the inner shaft is adjustable.

62. The rasp of claim 59, wherein an angle of the end member relative to the inner shaft is adjustable from about 0° to about 90°.

63. The rasp of claim 59, further comprising a locking member coupled to the outer shaft, wherein engaging the locking member secures an orientation of the end member relative to the inner shaft.

64. The rasp of claim 59, further comprising a locking member coupled to the outer shaft, wherein disengaging the locking member allows the end member to be pivoted relative to the inner shaft.

65. The rasp of claim 59, further comprising a biasing member coupled to the outer shaft, wherein the biasing member is configured to drive the outer shaft toward a proximal end of the end member when the biasing member is engaged.

66. The rasp of claim 59, wherein at least one surface of the end member is configured to abrade bone.

67. The rasp of claim 59, wherein at least one surface of the end member is textured.

68. The rasp of claim 59, wherein the end member is substantially kidney shaped.

69. The rasp of claim 59, wherein the end member is substantially straight.

70. The rasp of claim 59, further comprising a handle.

71. The rasp of claim 59, further comprising a removable handle.

72. The rasp of claim 59, further comprising a handle, and wherein the handle comprises an impact surface.

73. The rasp of claim 59, wherein the outer shaft comprises indicia.

74. A method, comprising:

inserting an end member of a rasp between portions of bone, wherein the end member is secured at a first angle relative to a shaft of the rasp;

loosening the end member relative to the shaft of the rasp;

pivoting the end member relative to the shaft of the rasp;

securing the end member at a second angle relative to the shaft of the rasp; and

abrading at least one of the bone portions with the end member of the rasp.

75. An implant inserter, comprising:

an outer shaft;

an inner shaft extending through the outer shaft;

arms coupled to a distal end of the inner shaft; and

wherein the outer shaft is configured to engage the arms.

76. The implant inserter of claim 75, further comprising a locking member coupled to the outer shaft, wherein engaging the locking member secures the arms in a compressed position.

77. The implant inserter of claim 75, further comprising a locking member coupled to the outer shaft, wherein disengaging the locking member releases the arms from a compressed position.

78. The implant inserter of claim 75, further comprising a biasing member coupled to the outer shaft, wherein the biasing member is configured to drive the outer shaft toward a proximal end of the arms when the biasing member is engaged.

79. The implant inserter of claim 75, wherein the arms are configured to engage grooves in an implant.

80. The implant inserter of claim 75, wherein the arms are configured to engage recesses in an implant.

81. The implant inserter of claim 75, wherein distal portions of the arms are configured to engage an implant.

82. The implant inserter of claim 75, wherein portions of the arms are chamfered.

83. The implant inserter of claim 75, further comprising a handle.

84. The implant inserter of claim 75, further comprising a removable handle.

85. The implant inserter of claim 75, further comprising a handle, and wherein the handle comprises an impact surface.

86. An instrumentation kit, comprising:
a cutting edge distractor;
a rasp with a pivotable end member;
an implant inserter; and
one or more guides.

87. A spinal implant kit, comprising:
spinal implants, wherein the implants comprise a range of heights and lordotic angles;
a rasp with a pivotable end member;
an implant inserter; and
one or more guides.

88. A method, comprising:
inserting a rasp in a disc space between vertebrae;
abrading the vertebrae with the rasp, wherein the rasp comprises a pivotable end member; and

positioning a spinal implant coupled to an implant inserter between the vertebrae using a guide.

89. The method of claim 88, further comprising separating the vertebra with a distractor, wherein the distractor comprises cutting edges.

90. The method of claim 88, wherein the implant inserter comprises arms, and wherein the arms of the implant inserter engage grooves in the implant.

91. The method of claim 88, further comprising pivoting the end member relative to a shaft of the rasp.

92. The method of claim 88, wherein a distal end of the guide is substantially the same size as the spinal implant.

93. The method of claim 88, further comprising distracting the vertebrae.

94. The method of claim 88, further comprising inserting a second guide in the disc space.

95. The method of claim 88, further comprising releasing the spinal implant from the implant inserter.